



CUTTING EDGE KEMPO KARATE

CuttingEdgeKempo.com



As of September 1, 2016

**** Sign Up Special ****

ONLY \$ 99.95!

Includes **TWO MONTHS**
of **Unlimited Classes**
& a free custom Uniform!

Monday

Young Warriors	(White – ½ Green 5-7 yrs.)	4:30 - 5:15
Young Adults	(White – ½ Green 8-12 yrs.)	5:25 - 6:25
Advanced Young Adult	(Green – Black 8-12 yrs.)	6:30 - 7:30
Beginner Adults	(White – Blue Stripe)	7:40 - 8:40
Advanced Adults	(Green and Up)	8:45 - 9:45

Tuesday

Young Warriors	(White – ½ Green 5-7 yrs.)	4:30 - 5:15
Young Adults	(White – ½ Green 8-12 yrs.)	5:25 - 6:25
Advanced Young Adult	(Green – Black 8-12 yrs.)	6:30 - 7:30
Advanced Adults	(Green and Up)	7:40 - 8:40
Beginner Adults	(White – Blue Stripe)	8:45 - 9:45

Wednesday

Young Warriors	(White – ½ Green 5-7 yrs.)	4:30 - 5:15
Young Adults	(White – ½ Green 8-12 yrs.)	5:25 - 6:25
Advanced Young Adult	(Green – Black 8-12 yrs.)	6:30 - 7:30
Beginner Adults	(White – Blue Stripe)	7:40 - 8:40
Advanced Adults	(Green and Up)	8:45 - 9:45

Thursday

Young Warriors	(White – ½ Green 5-7 yrs.)	4:30 - 5:15
Young Adults	(White – ½ Green 8-12 yrs.)	5:25 - 6:25
Advanced Adults	(Green and Up)	6:30 - 7:30
A.P.A.C. Knife	(This class is separate from Kempo Training, see Sensei Nick for Info)	7:45 – 8:45

Friday

Advanced Young Adults	(Green - Black 8-12 yrs.)	4:30 - 5:30
Beginner Adults	(White – Blue Stripe 14+ yrs.)	5:35 - 6:35

Saturday & Sunday

Adults	(All Ranks)	9:30 - 10:30
Young Warriors	(White – ½ Green 5-7 yrs.)	10:45 - 11:30
Young Adults	(White – ½ Green 8-12 yrs.)	11:45 - 12:45
Advanced Young Adult	(Green & Up 8-12 yrs.)	12:50 - 1:50

975 Main Street
Holbrook, NY 11741
631.585.6111
 CuttingEdgeKempo.com
 Facebook.com/holbrook.kempo



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Young Warriors

(White – ½ Green 5 - 7 yrs.)

Monday	4:30 - 5:15
Tuesday	4:30 - 5:15
Wednesday	4:30 - 5:15
Thursday	4:30 - 5:15
Saturday	10:45 - 11:30
Sunday	10:45 - 11:30

Young Adults

(White – ½ Green 8 - 12 yrs.)

Monday	5:25 - 6:25
Tuesday	5:25 - 6:25
Wednesday	5:25 - 6:25
Thursday	5:25 - 6:25
Saturday	11:45 - 12:45
Sunday	11:45 - 12:45

Advanced Young Adults

(Green - Black 8 – 12 yrs.)

Monday	6:30 - 7:30
Tuesday	6:30 - 7:30
Wednesday	6:30 - 7:30
Friday	4:30 - 5:30
Saturday	12:50 - 1:50
Sunday	12:50 - 1:50

Beginner Adults

(White – Blue Stripe)

Monday	7:40 - 8:40
Tuesday	8:45 - 9:45
Wednesday	7:40 - 8:40
Friday	5:35 - 6:35

Advanced Adults

(Green Belt and Up)

Monday	8:45 - 9:45
Tuesday	7:40 - 8:40
Wednesday	8:45 - 9:45
Thursday	6:30 - 7:30

Open Adults

(All Ranks)

Saturday	9:30 - 10:30
Sunday	9:30 - 10:30

A.P.A.C. Knife

(18+ Equipment required, see Sensei Nick for Info)

Thursday	7:45 - 8:45
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